



छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर
CHHATRAPATI SHAHU JI MAHARAJ UNIVERSITY, KANPUR

राष्ट्रीय मूल्यांकन एवं प्रत्यायन परिषद् द्वारा A++ ग्रेड प्राप्त विश्वविद्यालय
(पूर्ववर्ती कानपुर विश्वविद्यालय, कानपुर)
(Formerly Known as Kanpur University Kanpur-208024)



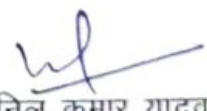
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दिनांक: 23/02/2024

कार्यालय-आदेश


एतद्वारा माननीय कुलपति जी के आदेशानुसार कार्यपरिषद की बैठक दिनांक 28.07.2023 के मद संख्या-2023-3.22(2) के क्रम में विश्वविद्यालय स्तर पर यूनीवर्सल ह्यूमन वैल्यू सेल (Universal Human Value Cell) का निम्नानुसार गठन किया जाता है:-

| | | |
|----|---|--------------------------|
| 1 | Prof. Vinay Kumar Pathak, Vice Chancellor, CSJMU Kanpur | Chair-Person (Ex-Offico) |
| 2 | Prof. Rachana Asthana, Director, AITD Kanpur | Member |
| 3 | Prof. Sudhanshu Pandiya, Dean UHV, CSJMU Kanpur | Member |
| 4 | Dr. Anil Kumar Yadav, Registrar, CSJMU Kanpur | Member |
| 5 | Mr. Rajul Asthana, Ex-director IRC-UHVE, IKG-PUT | Member |
| 6 | Dr. Pradeep Kumar, IET Lucknow | Member |
| 7 | Prof. Rolee Sharma, CSJMU KANPUR | Member |
| 8 | Dr. Ankit Trivedi, CSJMU Kanpur | Member |
| 9 | Dr. Neha Shukla, CSJMU Kanpur | Member |
| 10 | Dr. Sravan Kumar Yadav, CSJMU Kanpur | Member |
| 11 | Mr. Bhanu Pratap Singh, CSJMU Kanpur | Member |
| 12 | Mr. Kunwar Kuldeep Chauhan, CSJMU Kanpur | Member |
| 13 | Dr. V. K. Kashyap, CSJMU Kanpur | Co-Coordinator |
| 14 | Mr. Omkar Agrahari, CSJMU Kanpur | Coordinator |


डॉ० (अनिल कुमार यादव)
कुलसचिव

प्रतिलिपि:-निम्नलिखित को सूचनार्थ एवं आवश्यक कार्यवाही हेतु प्रेषित-

1. समिति के मा0 सदस्यगण।
2. डीन, यू0एच0वी0 सेल।
3. निजी सचिव, कुलपति, माननीय कुलपति जी के अवलोकनार्थ।
4. वैयक्तिक सहायक, प्रति कुलपति।
5. वैयक्तिक सहायक, कुलसचिव/परीक्षा नियंत्रक/वित्त अधिकारी।
6. सम्बन्धित पत्रावली।


कुलसचिव



IMPLEMENTATION JOURNEY OF UNIVERSAL HUMAN VALUES (2021-23)

From CSJMU Campus to Wider Community



**CHHATRAPATI SHAHUJI MAHARAJ UNIVERSITY,
KANPUR (UTTAR PRADESH)**



छत्रपति शाहू जी महाराज
(जन्म- 26 जून, 1874 : मृत्यु- 6 मई, 1922)

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**Chhatrapati Shahu Ji Maharaj
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Message

It is great pleasure to know that Universal Human Values Cell of Chhatrapati Sahu Ji Maharaj University, Kanpur is going to mark its report on Implementation of Universal Human Values among different sections of the society and University by publishing a Souvenir.

In view of the numerous baffling problems of our country, universities have a very vital and significant role to play. The real prosperity of a nation depends not on the abundance of its revenues or the strength of its fortification or the beauty of its public buildings, but it consists in its seats of learning, cultivated citizens, in its men of enlightenment, education and character. Hence CSJMU, Kanpur is committed towards the education that ensures/addresses the issue of living with the feeling of relatedness leading to mutual fulfilment. We strive to lay equal emphasis on training students in vital aspects of life along with academics.

I'm happy to note that Universal Human Values Cell of the University has wide range of programs in this direction for its students, faculty and different sections of the society. To name a few, 'Samridhhi Pravah' to share clothes with the needy members of the society, 'Mulya Pravah' to apprise the students and faculty with the universal human values/feelings, 'Parivar Samvad Abhiyan' towards harmonious families and Programs for Farmers and Prisoners of Jail.

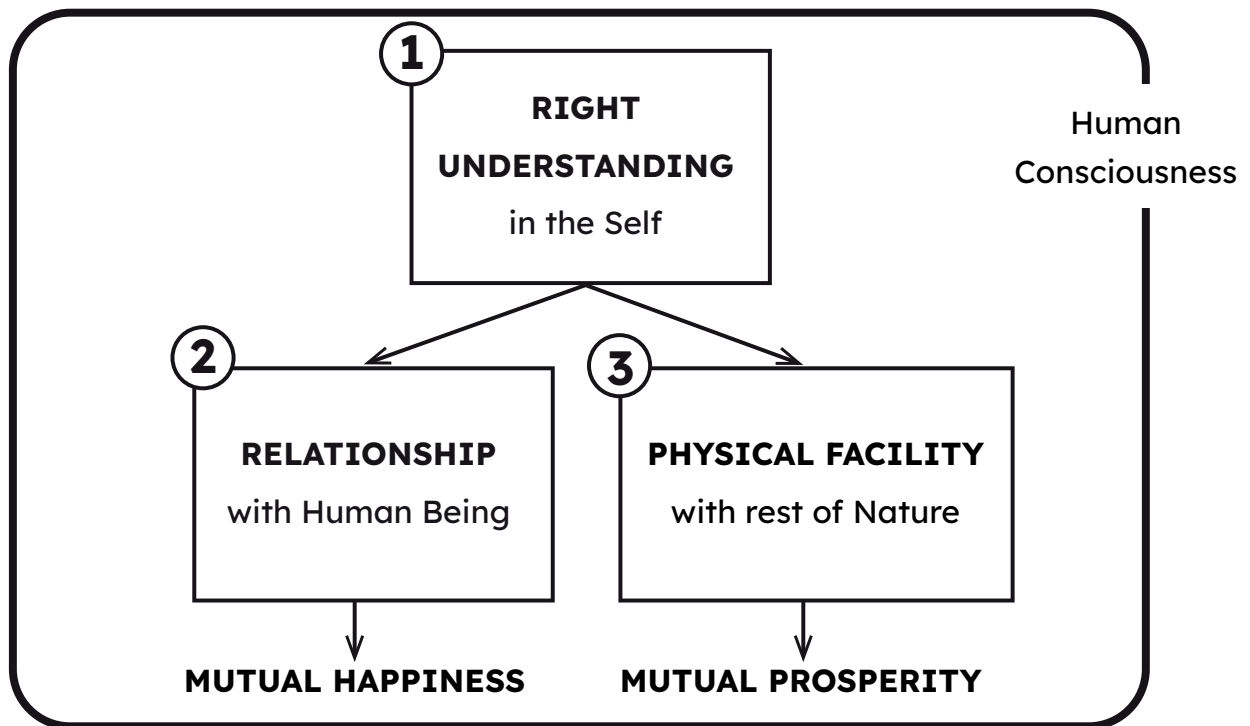
On this occasion, I congratulate the coordinator and volunteers of Universal Human Values Cell for successful completion of all its programs aligned with the vision of our university and also convey my best wishes for all their future endeavours towards ensuring harmonious society and well being of all.

With best wishes.

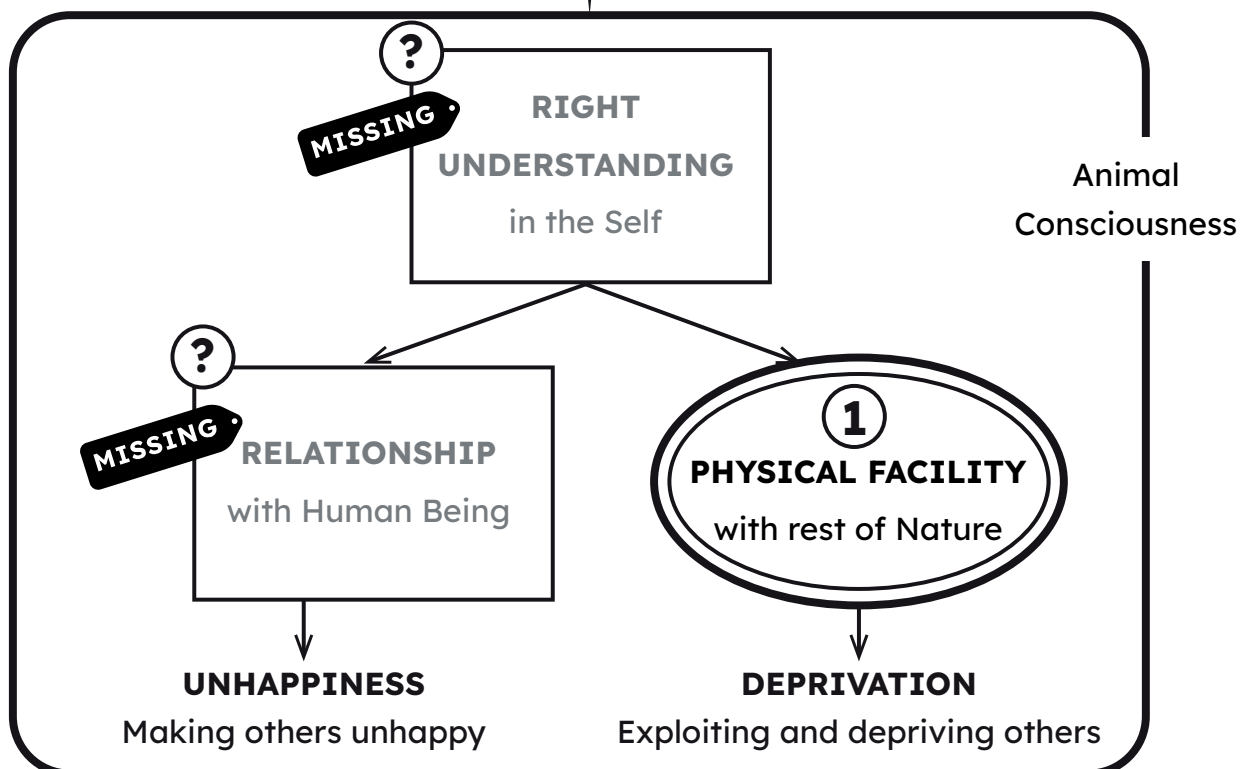


Prof. Vinay Kumar Pathak

Vice-Chancellor



TRANSFORMATION - PROGRESS



Role of Education

“

You can easily achieve big goals even by starting with a small step, a small goal.

”

1. Understanding Universal Human Values:

**Foundations and Relevance
in Education and Society.**

About Universal Human Values (UHV)

Most of us spend about one-fourth to one-third of our lifetime going through education. The hope is that after going through this process, we develop the competence to ensure a life which is fulfilling in all aspects. Unfortunately, the present education system has become highly skill-centric and rather value-deficient which is a very precarious situation for all of us and therefore, needs to be urgently rectified by incorporating value education in the present system of education.

The part of education that deals with the understanding of one's participation in the larger order, and thus ensuring it in living, is called as Value Education. Value-based education forms the basis of the rest of education and is essential to bring about the desired transformation- individual transformation towards the development of human consciousness and societal transformation towards an un-fragmented, humane society.

What is the value of a human being? This question implies – what is the participation of a human being in the bigger order? The value of a human being is its natural or expected participation in the larger order. It includes other human beings and all aspects of human living- from family, society, nature to the whole existence of which we are an integral part. Hence, to understand human values, we need to study the human reality along with all that is there in the entire nature/existence. The role of human being is to understand and fulfil its relationship with each and every unit in the existence.

Basic Human Aspirations

Each one of us aspires to live a fulfilling life. We have our own visions of a fulfilling life. It may include earning lots of money, gaining power, attaining recognition, touring the world, having a loving family, a good job, a healthy body, and so on. At the same time, we expect the environment to be pollution free, society to be peaceful, free of crimes and an abundance of natural resources. Let us ask ourselves: what will make us fulfilled? Is there an end state that we want to reach and then we want the continuity of that state? That end state is our basic aspiration. To explore into the question of basic aspiration, ask yourself the following questions-

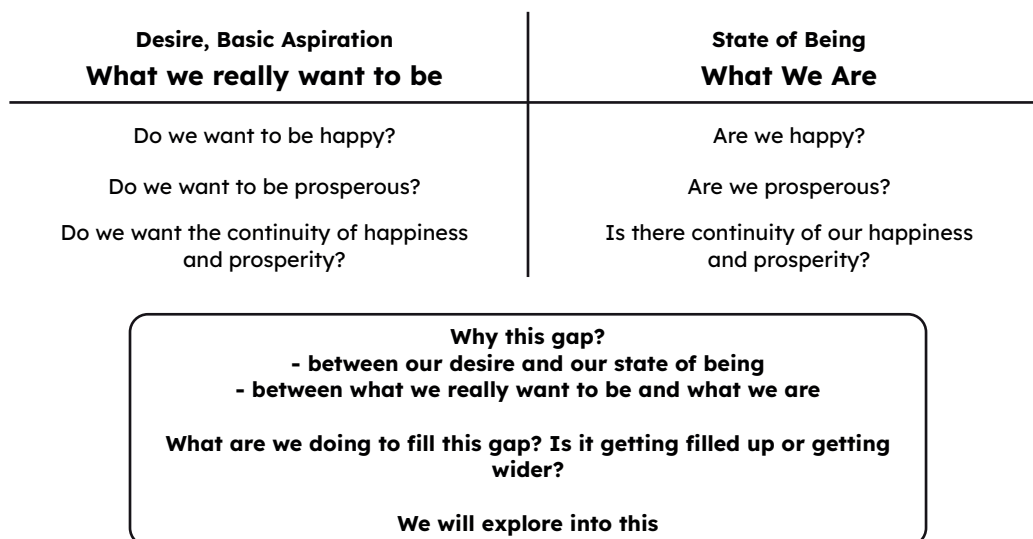


Figure - 1
Basic Human Aspiration and State of Being

The basic human aspirations are happiness, prosperity and its continuity. We may, of course, have different notions of happiness and prosperity, but we do want to be happy and prosperous. There is no moment when we want to be unhappy or when we want to be deprived. When we reflect on all the effort we are making, we can easily see that we are expecting happiness and prosperity, but the effort is for physical things. Why? Is the unhappiness in the family is more due to lack of physical facility; or more due to lack of fulfilment in relationship?

The problems are more due to lack of fulfilment in relationship, and we are investing major part of our time and effort for physical facility. Can you see that right understanding is necessary to ensuring fulfilling relationship as well as to correctly assess our need for physical facility and the correct method for making it available? A human being working for all three (right understanding, relationship and physical facility) can be fulfilled. Therefore, a human being living with all three is living with 'human consciousness. If one is seeking fulfilment solely out of physical facility, ignorant of the need for right understanding and relationship, (s)he is living with animal consciousness or inhuman consciousness.

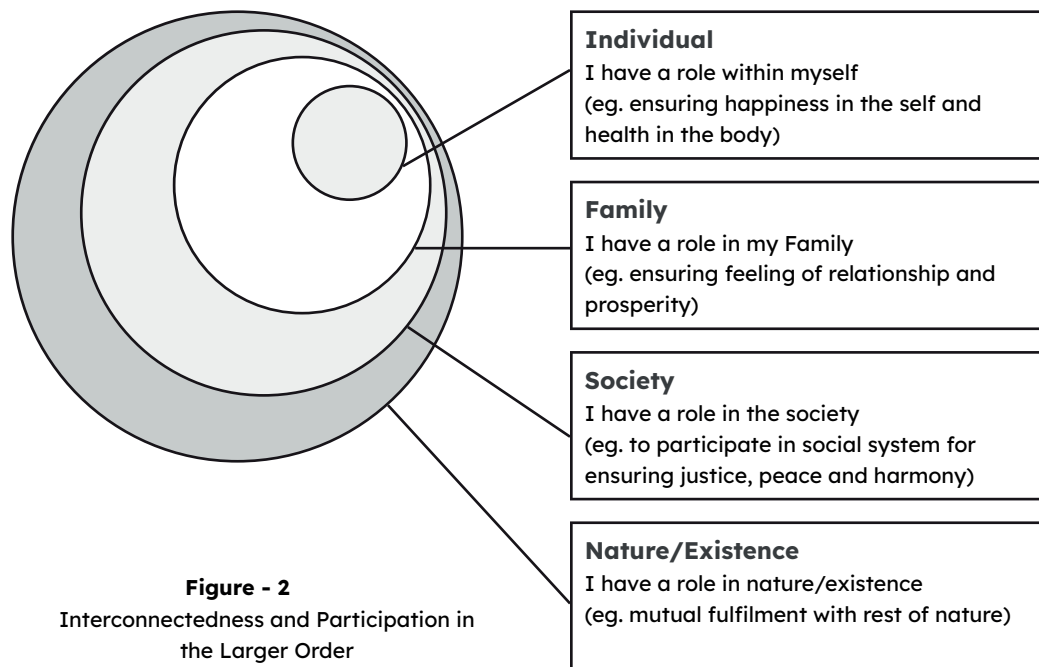
The transformation from animal consciousness to human consciousness is the essential core of holistic development. Education–Sanskar has the pivotal role in the development of human consciousness.

Programme for Fulfilment

The programme for ensuring the continuity of happiness/harmony and prosperity is to make the necessary effort to understand happiness & Prosperity and to live accordingly at all level of our being. Understand the harmony and to be in harmony in every aspect

of human living. Whether we are aware of it or not, the expanse of our living is at four levels–

1. As an Individual human being
2. As a member of a family
3. As a member of society
4. As a unit in nature/existence



As we go ahead, we want you to explore the nature of harmony at all these levels one by one–

As an individual human being: The proposal is that human being is the co-existence of the Self and the Body. You are requested to verify the proposal on your own right.

The Self is central to human existence. Every decision is made by the Self and if required, it is expressed outside using the Body as an instrument. The need of the Self is happiness, while the need of the Body is physical facility. The need for happiness is fulfilled by right understanding and right feeling; whereas the need for physical facility is fulfilled by physio-chemical things. The gross misunderstanding is assuming the human being to be the Body; and therefore, trying to fulfil all the needs through physical facility alone. The fulfilment of the needs of the Self and the Body separately, ensures the harmony in the human being. That is the brief proposal of harmony in human being for your self-exploration.

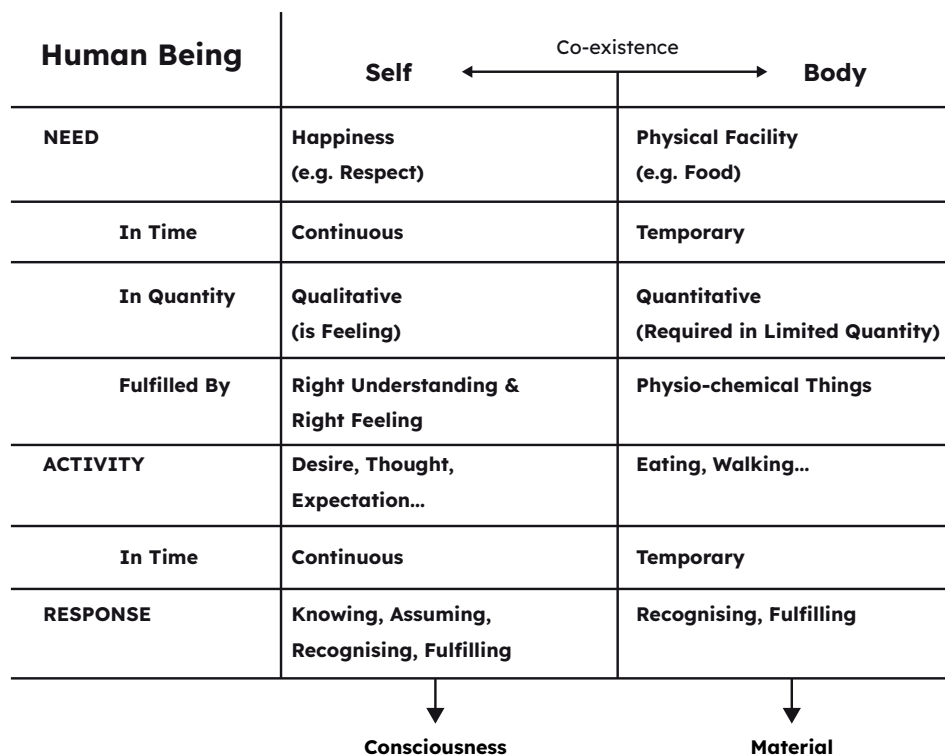


Figure - 3
Human Being = Co-existence of the Self (Domain of Consciousness) and
the Body (Domain of Material)

The happiness or unhappiness depends on the content of imagination (and Sanskar). Sanskar is composed of acceptances born out of imaginations accumulated over time as well as those out of right understanding. These acceptances are developed through self-study and self-exploration; i.e. we have some Sanskar at the moment (t). At the next moment (t+1), our Sanskar can be articulated as:

$$\text{Sanskar (t+1)} = \text{Sanskar (t)} + \text{Environment (t)} + \text{Self-exploration (t)}$$

If we are doing the self-exploration based on our natural acceptance, Sanskar generated out of this will be harmonious Sanskar is being updated every moment over time.

The Body is a self-organised material unit, used as an instrument or equipment in the process. With this clarity, the Self takes the responsibility for the nurturing, protection and right utilisation of the Body – this feeling of responsibility is called the feeling of self-regulation.

The programme for nurturing and maintaining health of the Body includes the following-

1a. Intake

1b. Routine

2a. Physical Labour

2b. Exercise

3a. Balancing internal &
external organs of body

3b. Balancing breathing of body

4a. Medicine

4b. Treatment

As a member of a family: Every human being is born, nurtured and educated in the family. We live with our brothers and sisters, parents and grandparents, uncles and aunts, cousins and so many people. Relationship is, it is already there, between one Self (I1) and the other Self (I2). We are embedded in relationship- whether we recognize it or not. When we recognize the relationship, we think in terms of accepting it and fulfilling it.

The base of relationship is feelings – in one Self (I1) for other Self (I2). Feelings are in the Self, not in the Body. Feelings are fundamental to fulfilment in relationship. There are nine naturally acceptable feelings in relationship.

1. Trust (foundation value)
2. Respect
3. Affection
4. Care
5. Guidance
6. Reverence
7. Glory
8. Gratitude
9. Love (complete value)

Trust is the foundation value in relationship which means, ‘to be assured that the other intends to make me happy and prosperous’. In order to evaluate trust between two individuals, following eight statements can be examined.

| <u>About your Natural Acceptance</u> | | <u>About your Ability</u> | |
|---|---|--|----|
| 1a. I want to make myself happy | ✓ | 1b. I am able to make myself always happy | ? |
| 2a. I want to make the other happy | ✓ | 2b. I am able to make the other always happy | ? |
| 3a. The other wants to make herself/himself happy | ✓ | 3b. The other is able to make herself/himself always happy | ? |
| 4a. The other wants to make me happy | ? | 4b. The other is able to make me always happy | ?? |
| <u>Intention - Natural Acceptance</u> | | <u>Competence</u> | |
| What is Naturally Acceptable to You | | What You Are (Σ, D, T, E) | |

Figure - 4
Evaluating Trust between two Individuals

You can see that as far as your intention/ natural acceptance is concerned, you want to be happy, always happy; but when it comes to living according to this intention/ natural

acceptance, you may find it difficult- sometimes you are able to make yourself happy and sometimes you are not. The common mistake in relationship is due to confusion between intention and competence. We keep concluding that the other person makes mistakes intentionally. We have this doubt on his intention. We assume his lack of competence to be the lack of intention which results in the feeling of opposition, irritation or anger for the other person. If you can see that the intention of the other is same as your intention and he might be lacking competence then your response will be very different.

On the other hand, Love (complete value) is the feeling of being related to all. It all starts with identifying that one is related to the other human being and it slowly expands to the feeling of being related to all human beings and then to all, each and every unit in nature (human being as well as other units). A common misunderstanding about love is that it is based on sensation (sensory pleasure). In fact, it is merely infatuation. The feeling of love is the foundation of undivided society. With the feeling of love, there is justice in the family and it extends from family to world family resulting into undivided society.

As a member of the Society: A society is composed of families living together for the common human goal. The base of a harmonious society is harmony in the family, for which the base is harmony in the human being. The goals of human being living in society are-

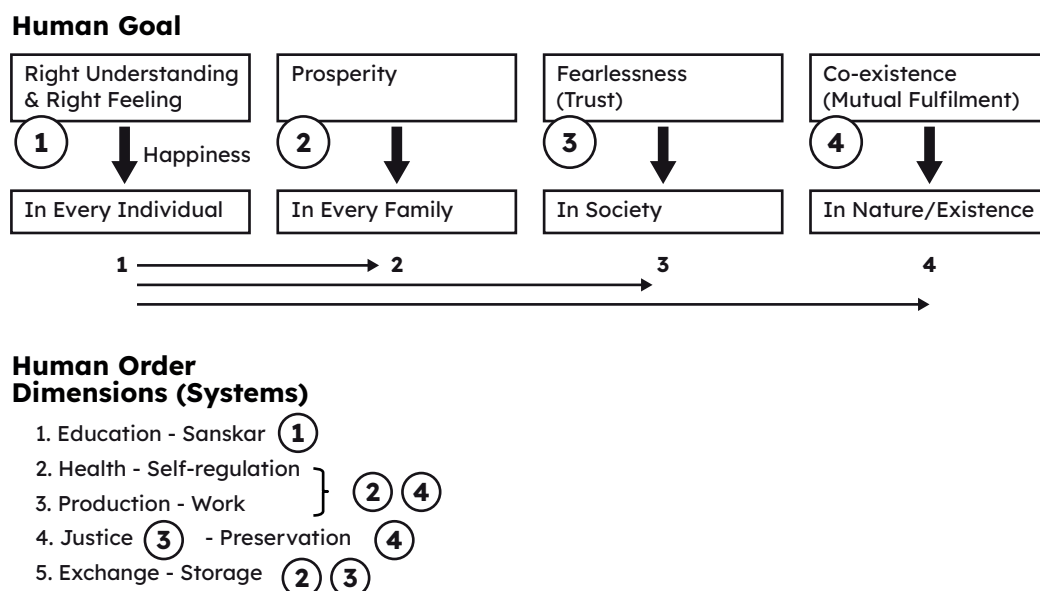


Figure - 5
Dimensions (Systems) of Human Order

In the society we produce, use and exchange things like food, clothing, housing, etc. There are systems for education, health, justice, production and order in society. Our village, town or city is a part of a larger society.

The priority and order in which these four goals can be fulfilled are 1-4. Without right understanding and right feeling, it is not possible to identify the need for physical facility, therefore, right understanding and right feeling has to come before prosperity. Similarly, fearlessness can take place only with the acceptance of relationship and prosperity in every family. The fourth goal is then a natural outcome of the first three.

The most significant dimension required for the fulfilment of the four human goals is-

Education-Sanskar

Education is to develop the right understanding of the harmony at all levels of being- from self to the entire existence (individual, family, society, nature/existence), and **Sanskar** is to develop the basic acceptances of the harmony at various levels.

Right understanding, right feelings and right skills are the three major outcomes of human education and sanskar. This process can take place when the teacher has a feeling of affection and guidance for the student and the student has a feeling of gratitude and glory for the teacher.

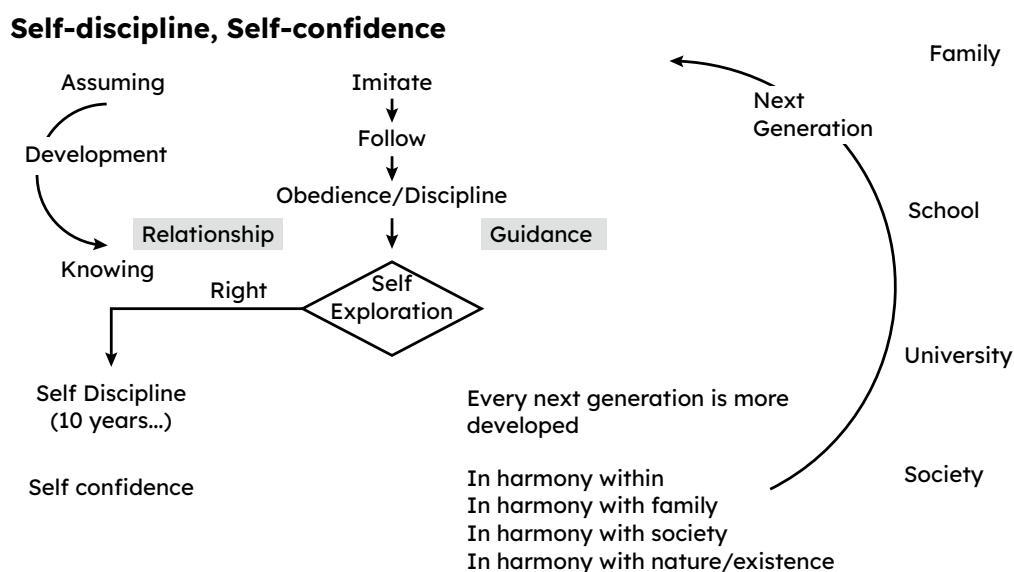


Figure - 6
Human Education-Sanskar

The education system has a major responsibility for preparing the people and developing the society into a living model of human society. This is an ongoing process. Once the human society is realised or established, it is able to ensure human education and sanskar for the next generation; and if human education and sanskar is established, it is able to prepare the people who have the capacity to contribute to develop and live in a human society, to participate and contribute in the continuation of human society. The scope of harmony in the society starts with the family order and extends all the way to world family order in steps, from family order, family cluster order and so on to nation

family order and ultimately world family order. This extension of harmony, from family order to world family order, is universal human order.

As a unit in Nature/Existence: Nature is the collection of units– consciousness units as well as material units. Though innumerable, units can be classified into four orders–

1. Physical Order
2. Bio Order
3. Animal Order
4. Human Order

These orders can be understood on the basis of their activity, innateness, natural characteristic and inheritance.

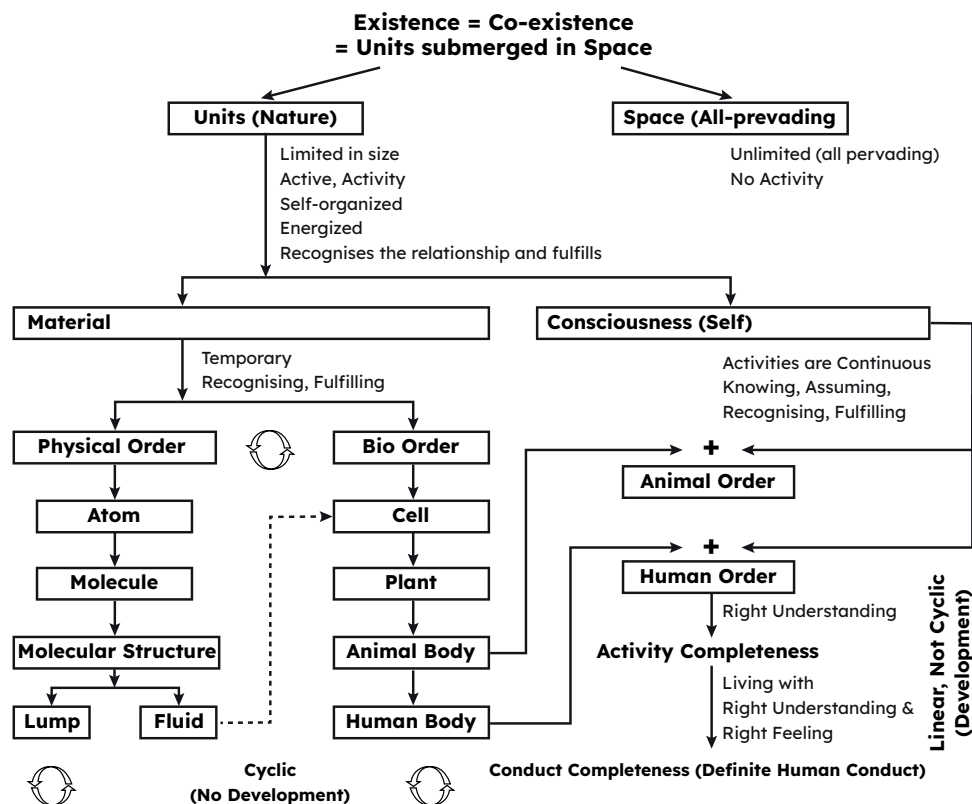


Figure - 7
Unfolding of Co-existence

Nature is the collection of units. Units are of two types – material units and consciousness units. We are a part and parcel of a large interconnected, interdependent eco-system along with the air, water, soil, plants, trees, birds and animals which we call nature. We are inhaling the oxygen rich air and exhaling carbon dioxide laden air, which the trees consume.

Harmony is inherent in nature. It is already there. We do not have to create it. There is every provision in nature for the human being (who is also a unit of nature), to live in harmony. All that we human beings need to understand it and live accordingly by ensuring right utilisation, enrichment and protection, while interacting with the rest of nature.

Existence is co-existence. It is ever-present. Co-existence is in the form of units submerged in space. The collection of units is called nature, so we can visualise existence as nature submerged in space. Space is unlimited, all-pervading. It is no activity. Nature is submerged in space. Every unit is energised in co-existence, it is self-organised in co-existence and it recognises its relationship and fulfils its relationship in co-existence. My participation (value) vis-à-vis existence is only to realise (understand) the co-existence (and live in co-existence).

After this overview about Universal Human Values, we can conclude that value-based education is essential to bring about the desired transformation- individual transformation towards the development of human consciousness and societal transformation towards an un-fragmented, humane society.

Of course, this is only the starting point. From there, the journey has to go a long way. The next step is making transition towards value-based education, in which the whole content of education is designed on the basis of universal human values, i.e., education for the well-being of all. This would result into value-based living in the family, and ultimately in the whole human society.

We encourage you to read, explore the proposals and experiment with them in your life. We trust that this will help you in development of your full human potential for living a fulfilling life and the ability to contribute meaningfully to your family, society and humanity at large.

We wish you a happy exploration!



2. Process of Universal Human Values

Process of Universal Human Values Education: Self-exploration

The process of understanding human values is essentially a process of self-exploration (self-reflection and self-discovery). (See Fig.1.)

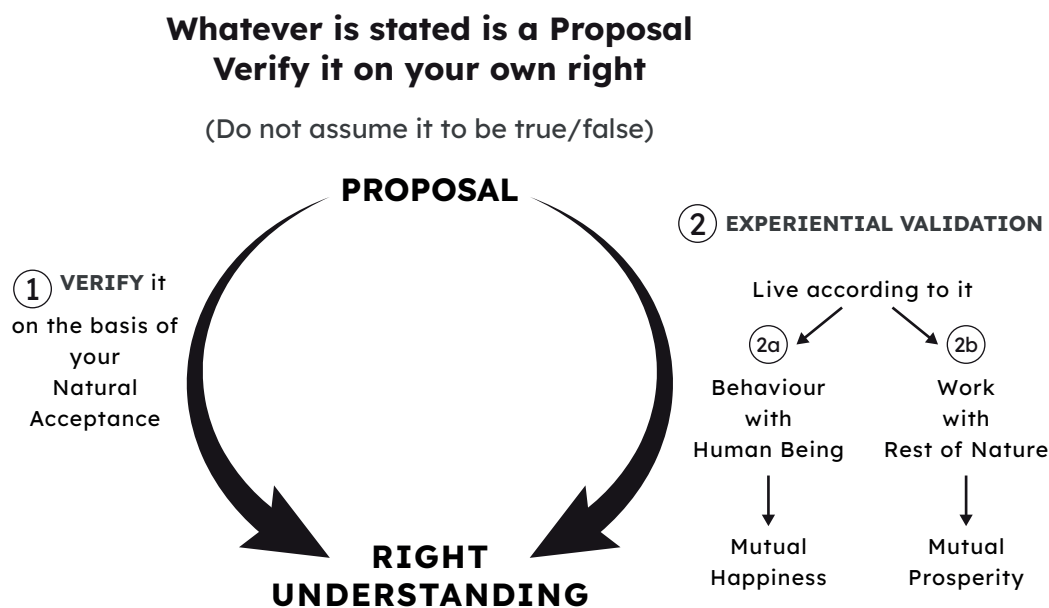


Figure - 8
Process of Self-exploration

It includes- (1) Self-verification at the level of natural acceptance which is innate in each of us; and (2) Experiential validation in living which means trying to live (work and behave) according to the proposal. If it leads to mutual happiness and mutual prosperity, it is a right proposal, otherwise not. After this verification, the proposal becomes the part of our right understanding which helps in self-evolution and life-long learning.



3. Multidimensional Implementation Approach to UHV at CSJMU Kanpur

3.1 Society

- 3.1.1** Implementation of UHV at Kanpur Jail
- 3.1.2** Implementation of UHV for Farmers
- 3.1.3** Parivar Sanvad Abhiyan
- 3.1.4** Samriddhi Pravah

3.2 Students

- 3.2.1** Mulya Pravah
- 3.2.2** Induction Program

3.3 Faculty

- 3.3.1** Faculty Development Program on UHV
 - 3.3.2** Refresher Faculty Development Program
 - 3.3.3** One Day Information Programs
- 

3.1.1 Implementation of UHV at Kanpur Jail

A 15-day Universal Human Values (UHV) workshop was carried out at the Kanpur District Jail, promoted by CSJMU, Kanpur. To communicate the intent and format of the workshop, an initial 1-day introductory session was held for senior jail authorities. After receiving their due consent, a 1-day session was conducted to identify interested inmates. Only those who chose to attend participated in the 15-day workshop. Participants included jail officials and 106 inmates (comprising 18 convicts and 84 under trials). Among the inmates, 7% were illiterate, while the rest had varying levels of education – 64% up to 10th grade, 17% were graduates, 9% postgraduates, and 2% held technical degrees/diplomas. These statistics reveal that if our education were holistic and value-based, the educated would not be in prison, but rather could be the torch-bearers of an equitable and just society!

At the outset, most inmates were opposed to certain ideas proposed in the workshop, but soon, their initial opposition gave way to guilt as they were able to see their own part in the escalating cycle of violence. The proposals about relationship, trust and most importantly, respect, led to the most significant shift to self-reflection and revaluation of their own lives (much effort had to be put while placing these proposals). Most could see their inherent potential for positive life change – it is never too late! This shift was evident in their improved emotional well-being, a developing harmonious world-view and noticeable reduction in interpersonal conflicts.



This workshop highlighted a potential remedy for one of the greatest challenges faced by our prison system: transforming inmates into productive citizens. This report presents

the dialogue-based proposal approach that facilitated a systematic process of self exploration, leading to the initial transformations observed. While a short workshop can only offer a glimpse of the potential changes, The consistent application of this approach could revamp our prison system, laying the groundwork for a more rehabilitative and effective strategy for inmate reform. Progressive jail authorities are already developing a conducive environment. In collaboration with educational institutions possessing substantial UHV experience, they could offer such UHV workshops and contribute to significantly reduce, and eventually eliminate, the cycle of violence in society.



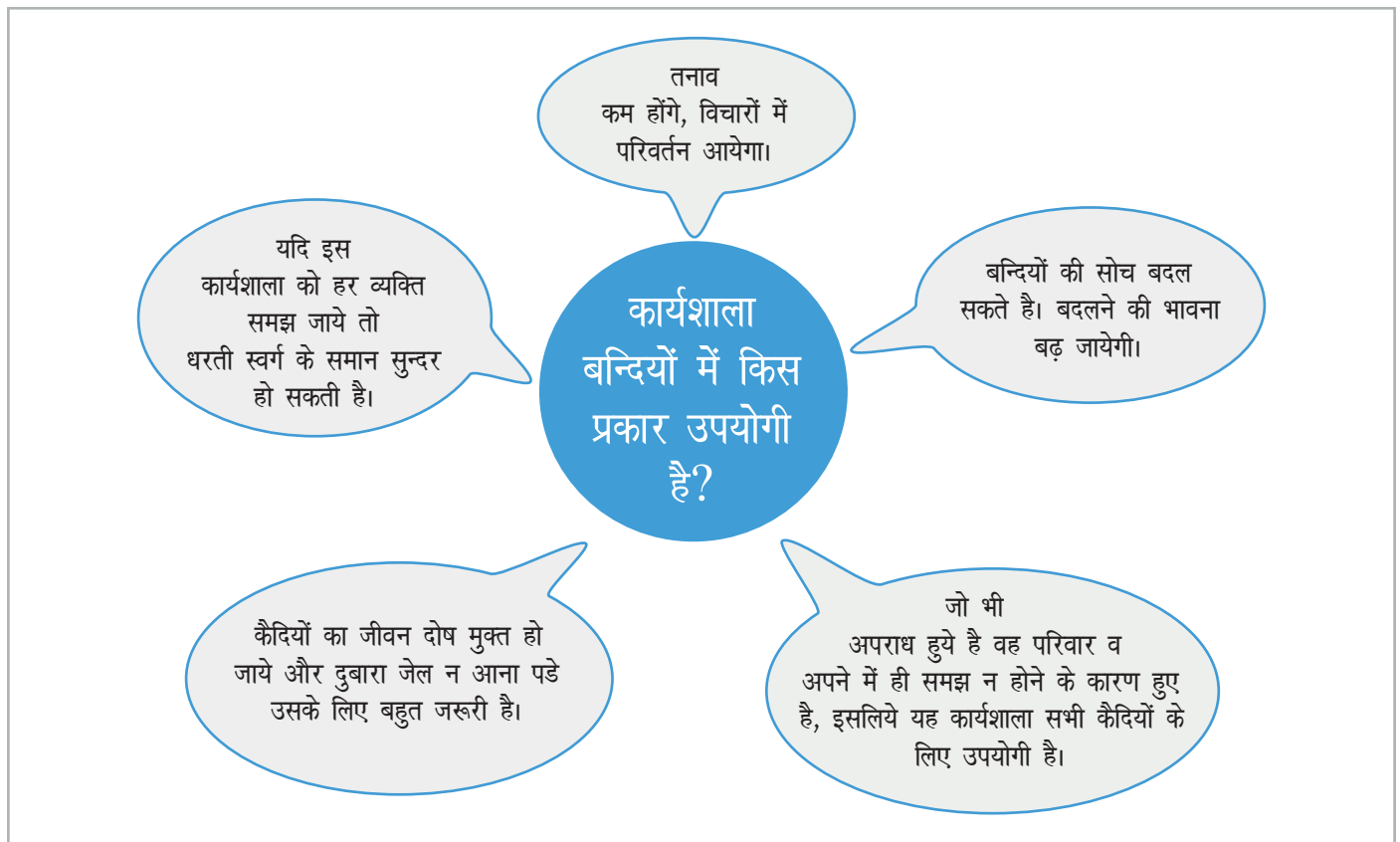
Objectives of the Workshop: (Breaking the Cycle of Violence)

The workshop aims at helping inmates, jail authorities and society at large to break the cycle of violence. The key objectives of the workshop are:

1. **Incorporating Universal Values:** The foremost aim is to instil values rooted in emotions such as trust, respect, compassion, and love among inmates. This can enable inmates to understand and value others' experiences, fostering a more accepting and respectful Jail atmosphere.
2. **Instigating Behavioural Shifts:** The workshop aspires to initiate behavioural modifications, curtailing negative mindsets and actions. This can assist in conflict resolution and mitigate violent occurrences within the Jail.
3. **Boosting Emotional Health:** The objective is to enhance the emotional wellness of inmates by equipping them with strategies to navigate the psychological challenges they encounter in Jail. This could foster a healthier Jail environment and facilitate better reintegration prospects post-release.
4. **Formulating Methodology:** The goal is to develop a comprehensive framework, content, and process for inculcating universal human values in jails, applicable for both inmates and jail staff.

5. Augmenting Implementation: The workshop aims to explore ways to amplify efforts in implementing universal human values, specifically within the confines of jails, benefiting both inmates and jail staff.

Self-evaluation



Conclusion

The Universal Human Values workshop, conducted at Kanpur District Jail, has successfully triggered a wave of personal transformation. This validates the idea that even while incarcerated, inmates can realise their potential, strive for self-improvement, and participate meaningfully, whether they're in jail or in the wider society.

Inmates can become champions within the jail, sustaining this effort in both small and large groups. With support from jail authorities, it could evolve into a new way of life. Educational institutions with active UHV faculty can provide resource persons for further workshops and follow-up activities. Hence, with a minimal investment, this initiative can contribute significantly to social and national development.

The UHV team of volunteers, primarily focused on fostering transformation in higher education, is committed to extending its pro-bono efforts to realise this possibility.

3.1.2 Implementation of UHV for Farmers

3.1.2.1 Workshop on UHV at International Centre- 18-25 Jan 2023

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, UHV workshop held from 18-25 Jan 2023 at Seminar Hall International centre. The workshop was organized by UHV Cell.

Total Number of Registrations: 69

Total Number of Presentees: 59

कार्यक्रम विवरण-

स्थान- छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर

प्रशिक्षक- श्री भानु प्रताप (छत्रपति शाहू जी महाराज विश्वविद्यालय), श्री राकेश कुमार पाण्डेय (मुख्य कार्यकारी अधिकारी, श्रमिक भारती), श्री राना सिंह (श्रमिक भारती)

प्रशिक्षार्थी- 50 प्रतिनिधि विभिन्न सामाजिक संगठनों से इस आयोजन में सम्मिलित हुए।



कार्यक्रम का प्रारम्भ दीप प्रज्ज्वलन के साथ हुआ, साथ ही आपसी परिचय और इस कार्यशाला से प्रतिभागियों की अपेक्षाओं को रखा गया। आगे कार्यशाला के उद्देश्यों को प्रतिभागियों के मध्य साझा किया गया। इसे इस तरह से रखा गया कि हम जो कुछ भी करते हैं, उसका परिणाम आता ही है, वह कितने समय में आयेगा, वह हमारे ध्यान देने और करने के अभ्यास से आता है।

इन आठ दिनों में जो नहीं करेंगे- उपदेश नहीं दिया जायेगा, इसलिए एक भी बार “चाहिए” शब्द का उपयोग नहीं होगा, इसलिए डू और डोन्ट की चर्चा हम नहीं करेंगे, किसी भी चीज (विषय या वस्तु) को मानने का आग्रह नहीं होगा। किसी भी चीज (विषय या वस्तु) को छोड़ने के लिए नहीं कहा जायेगा।

व्यक्ति का विचार पक्ष सॉफ्टवेयर है, और उसका शरीर हार्डवेयर है, अतः जैसा सॉफ्टवेयर है, वैसा ही हार्डवेयर काम करेगा, बिना सॉफ्टवेयर के काम किये हार्डवेयर को ठीक किया नहीं जा सकता है।

जो कुछ भी कहा जायेगा वह एक प्रस्ताव के रूप में होगा। आपके सामने प्रपोजल रखा जायेगा उसे आपको मानना नहीं है, उसे जांचना है, जांचने की क्षमता मानव में है। जांचने के जो आधार हैं - पूरा एक्जिस्टेंस (अस्तित्व) किसी नियम से चलता है। वह नियम पूरे भारत में, इंग्लैण्ड में, अण्टार्कटिका में बदलता नहीं है वह नियम यूनिवर्सल है। यदि कोई चीज यूनिवर्सल है तो उसे लॉजिकली समझा जा सकता है। यदि उसे समझा जा सकता है, तो उसे प्रैक्टिस (अभ्यास) किया जा सकता है।

संबंध के बारे में भी चर्चा हुई कि जहाँ शर्त लगाकर स्वीकार कर रहे हैं वह संबंध है या व्यापार है। फिर समाज की व्यवस्था एवं प्रकृति में व्यवस्था पर चर्चा हुई।





3.1.2.2 Workshop on UHV at International Centre- 19 October 2022

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, One day workshop on Universal Human Values (UHV) at International Centre CSJM University Kanpur
Date 19 October 2022.



3.1.2.3 Workshop of UHV at International Centre- 3 November 2022

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, A one day workshop of UHV **03-Nov-2022** at International Centre, CSJM University Kanpur. The workshop was organized by UHV Cell.

Total Number of Registrations: 75

Total Number of Presentees: 75



3.1.3 Parivar Sanvad Abhiyan

“परिवार संवाद अभियान”

29-30 जुलाई 2023 को दो दिवसीय “परिवार संवाद अभियान” कार्यशाला का आयोजन प्रातः 10 बजे से सायः 5:00 बजे तक प्रतिदिन सीएसजेएमयू के इंटरनेशनल सेंटर में हुआ।

इस कार्यशाला में सीएसजेएमयू कैम्पस, आईआईटी, एचबीटीयू, अंबेडकर इंस्टीट्यूट आफ टेक्नोलॉजी फॉर हैंडीकैप्ट संस्थान, एमपीईसी एवं पीएसआईटी के शिक्षकों एवं अन्य कर्मचारियों के 25 से अधिक परिवारों से आए हुए 55 प्रतिभागियों ने हिस्सा लिया।

ग्रुप डिस्कशन एवं कंकलूडिंग सेशन के फीड बैक में प्रतिभागियों ने इस दो दिवसीय कार्यशाला को परिवार में जिम्मेदारी पूर्वक जीने की विधा को समझने के लिए काफी महत्वपूर्ण बताया।

प्रतिभागियों ने विश्वविद्यालय द्वारा किए गए इस प्रयास की सराहना की एवं इस तरह के और कार्यक्रमों को भविष्य में आयोजित करने के लिए प्रार्थना की।

प्रतिभागी परिवारों से आए बच्चों एवं वयस्कों ने तीन अलग-अलग ग्रुप्स बनाकर परिवारों में अपनी अपेक्षाओं एवं जिम्मेदारियों को साझा किया।



3.1.4 Samridhhi Pravah Abhiyan

“समृद्धि प्रवाह अभियान”

छत्रपति शाहू जी महाराज विश्वविद्यालय, कानपुर के द्वारा “समृद्धि प्रवाह अभियान” का आरम्भ किया गया। जिसका लक्ष्य निम्नवत है:

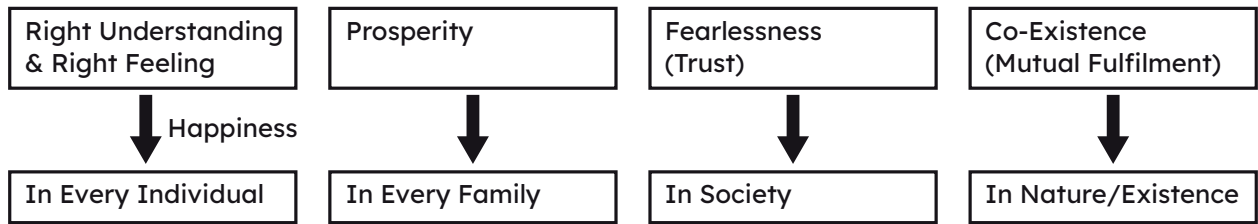
- समाज के समृद्ध परिवारों से अतिरिक्त वस्त्रों को एकत्रित करना।
- एकत्रित वस्त्रों को वितरण से पूर्व व्यवस्थित करना।
- जरूरतमंद व्यक्तियों को उन वस्त्रों को उपलब्ध करवाना।

अभी तक लगभग 4500 वस्त्रों को एकत्रित किया जा चुका है। जिनमें से 1200 वस्त्रों को व्यवस्थित करवाने के उपरांत वितरित किये जा चुके हैं शेष को व्यवस्थित करने का कार्य चल रहा है। इस अभियान के तहत पहला वस्त्र वितरण कार्यक्रम दिनांक 02.10.2022 को संचालित किया गया, जिसके तहत परमियाँपूर्वा, नवाबगंज और नया पुल, टाट मिल चौराहे के पास की गरीब बस्तियों में वस्त्रों का वितरण किया गया।

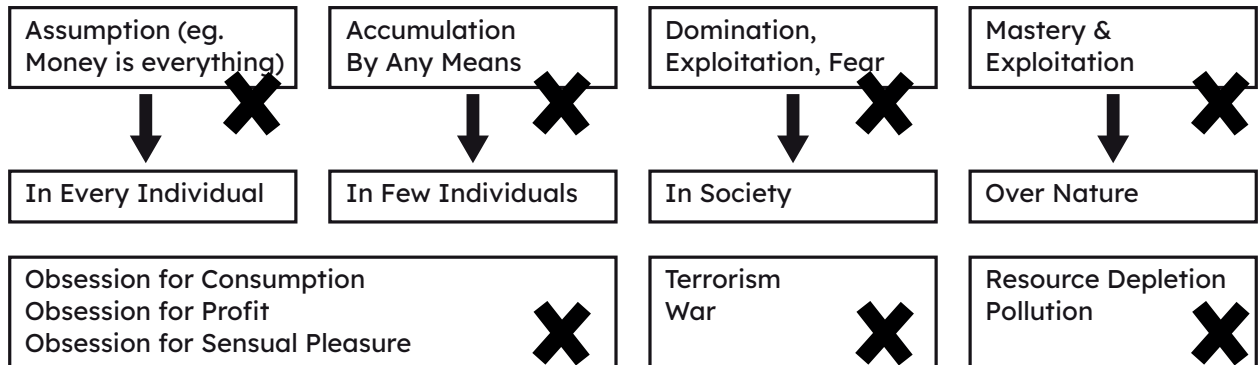




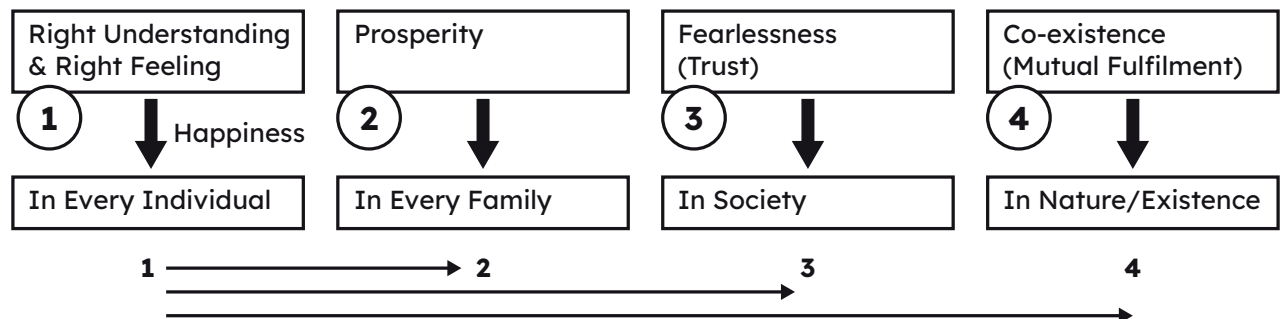
Human Goal



Gross Misunderstanding



Human Goal



Human Order Dimensions (Systems)

1. Education - Sanskar ①
2. Health - Self-regulation
3. Production - Work
4. Justice ③ - Preservation ④
5. Exchange - Storage ② ③

Human Goals and its Program

3. Multidimensional Implementation Approach to UHV at CSJMU Kanpur

3.1 Society

- 3.1.1** Implementation of UHV at Kanpur Jail
- 3.1.2** Implementation of UHV for Farmers
- 3.1.3** Parivar Sanvad Abhiyan
- 3.1.4** Samriddhi Pravah

3.2 Students

- 3.2.1** Mulya Pravah
- 3.2.2** Induction Program

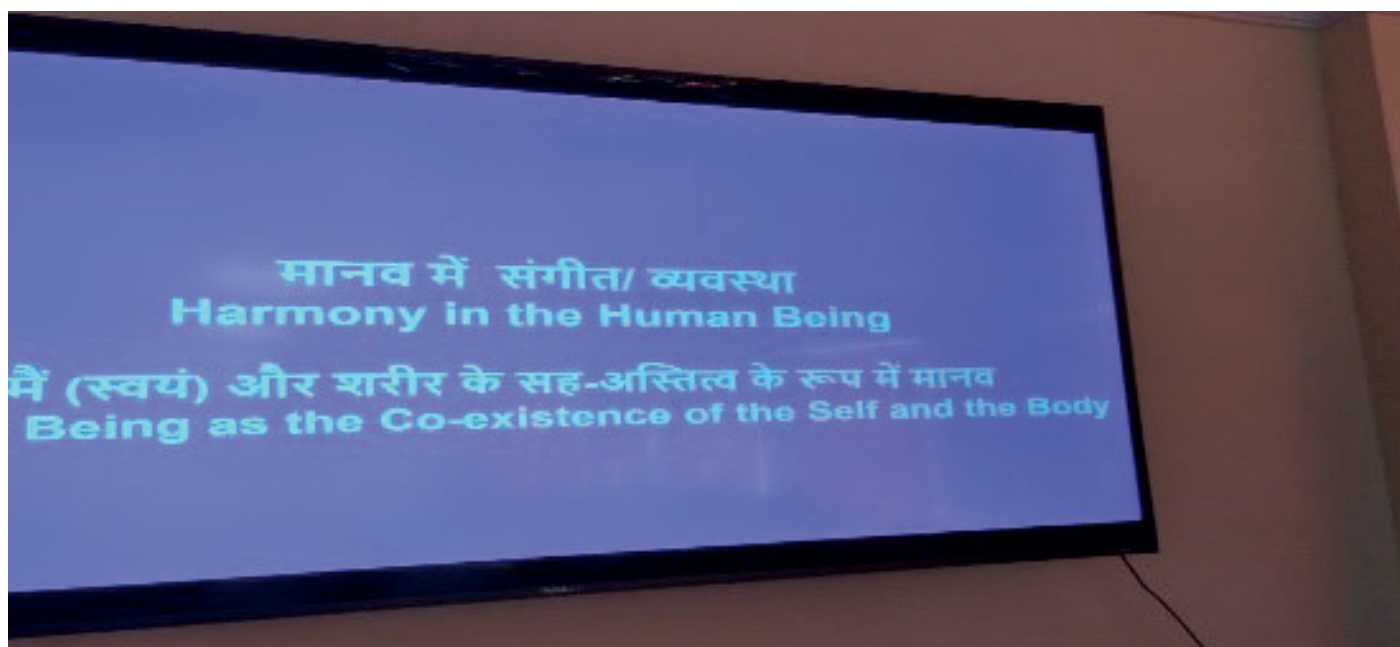
3.3 Faculty

- 3.3.1** Faculty Development Program on UHV
 - 3.3.2** Refresher Faculty Development Program
 - 3.3.3** One Day Information Programs
- 

3.2.1 Mulya Pravah

3.2.1.1 Student Workshop 17 to 24 June 2022

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, a part time CSJM University Campus students' workshop was conducted at Auditorium of Health Science, CSJM University, on Universal Human Values (UHV) from 17 to 24 June 2022, (3:00 pm to 6:30 pm). The workshop was organized by UHV Cell.



3.2.1.2 Student Workshop 7 to 11 Oct 2022

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, a part time Hostel students' workshop was conducted at international centre, CSJM University, Kanpur on Universal Human Values (UHV) from 7 to 11 Oct 2022, (3:00 pm to 6:30 pm). The workshop was organized by UHV Cell.



3.2.1.3 Student Workshop 8 to 13 July 2023

With the motivation and Guidance of Hon'ble Vice-Chancellor Sir, a part time Hostel Student students' workshop was conducted at International Centre, CSJM University, Kanpur on Universal Human Values (UHV) from 8 to 13 July 2023, (4:00 pm to 7:30 pm). The workshop was organized by UHV Cell.



3.2.2 Induction Program

3.2.2.1 Student Induction program 25 to 30 Nov 2021

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, and Director UIET a full time UIET B Tech and MCA students Induction Program was conducted at Auditorium of UIET(LI), CSJM University Kanpur. Student Induction program **was conducted from 25 to 30 July 2021 (10 AM to 5 PM)**. List of the Participants for this Induction program is attached herewith. The Induction program was organized by UHV Cell.

Total Number of Registrations: 167

Total Number of Presentees: 160



3.2.2.2 Student Induction Program (SIP) 19TH TO 23 July 2023

With the motivation and Guidance of Hon'ble Vice-Chancellor Sir, and Director UIET a full time UIET B Tech and MCA students, Student Induction Program (SIP) was conducted at Auditorium of UIET (L1), CSJM University Kanpur. This Student Induction program (SIP) **was conducted from 19 to 22 July 2023 (10 AM to 5 PM)**. The Induction program was organized by UHV Cell.

Total Number of Registrations: 165

Total Number of Presentees: 150



3. Multidimensional Implementation Approach to UHV at CSJMU Kanpur

3.1 Society

- 3.1.1** Implementation of UHV at Kanpur Jail
- 3.1.2** Implementation of UHV for Farmers
- 3.1.3** Parivar Sanvad Abhiyan
- 3.1.4** Samriddhi Pravah

3.2 Students

- 3.2.1** Mulya Pravah
- 3.2.2** Induction Program

3.3 Faculty

- 3.3.1** Faculty Development Program on UHV
 - 3.3.2** Refresher Faculty Development Program
 - 3.3.3** One Day Information Programs
- 

3.3.1 Faculty Development Program on UHV

3.3.1.1 Faculty Development Program (FDP) 28 March to 4 April 2022

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, a full time Refresher Faculty Development Program (FDP) was conducted at UIET IV Building, CSJM University, Kanpur on Universal Human Values (UHV) from 28 to 4 April 2022, (10:00 am to 5:30 pm). The workshop was organized by UHV Cell.

Total Number of Registrations: 55

Total Number of Presentees: 41



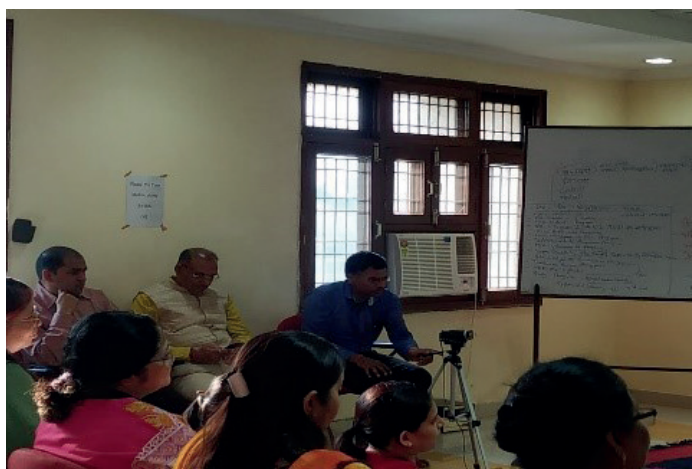
3.3.2 Refresher Faculty Development Program

3.3.2.1 Refresher faculty development program (FDP) 10th to 16th July 2023

With the motivation and guidance of Hon'ble Vice-Chancellor Sir, a part time Refresher faculty development program (FDP) was conducted at International guest house, CSJM University, Kanpur on Universal Human Values (UHV) from 10th to 16th July 2023, (1:00 pm to 5:30 pm). The workshop was organized by UHV Cell.

Total Number of Registrations: 20

Total Number of Presentees: 18



3.3.3 One Day Information Programs

| Sl.No | Name of the Events | Dates |
|-------|--|------------------|
| 1 | Faculty Workshop on HUV | 2nd March 2023 |
| 2 | Faculty Workshop on HUV | 28th Feb 2023 |
| 3 | Faculty Workshop on HUV | 25th Feb 2023 |
| 4 | Workshop on UHV at Department of Journalism and Mass Communication | 17th August 2022 |
| 4 | One day Program at Centre for academic CSJM University Kanpur | 30th July 2022 |
| 5 | Discussion Organized at UIET CSE Department | 23rd July 2022 |
| 6 | Workshop on UHV at LLM Department | 16th June 2022 |
| 7 | Workshop on UHV at Chemical Engineering Department | 27th May 2022 |
| 8 | Workshop on UHV at Department of Pharmacy | 14th May 2022 |
| 9 | Workshop on UHV at Electronics Engineering Department | 9th May 2022 |

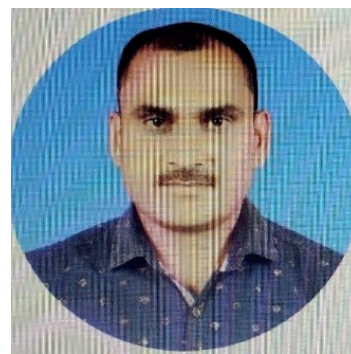


4. Impact:

**Reflections and Outcomes from the
UHV Programs**

Dr. Swaran Kumar Yadav, Department of Physical Education, School of Teacher Education

मैं डॉक्टर श्रवण कुमार यादव शारीरिक शिक्षा विभाग छत्रपति शाहूजी महाराज विश्वविद्यालय में सहायक आचार्य के पद पर कार्यरत हूँ। मैं UHV II एक सप्ताह का FDP प्रोग्राम अटेंड किया था। इस प्रोग्राम से हमारे विचार, व्यवहार, जीवन शैली एवं व्यक्तित्व में बहुत परिवर्तन आया। मेरा यह मानना है कि यह प्रोग्राम अधिक से अधिक लोगों से कराया जाना चाहिए जिससे समाज में सकारात्मक वातावरण प्रदान किया जा सके।



Neeraj Kumar, Associate Professor, Department of Electronic and Communication Engineering, School of Engineering & Technology



With the inspiration and blessings of the Hon'ble Vice Chancellor sir, a two times workshop was organized in this university in which I also participated in the one-week workshop of UHV I and II. This workshop brought about a lot of changes in our thoughts, behaviour, life style, and personality.

How to live harmoniously with the family was explained in the workshop, and what changes should be made in the lifestyle to maintain good family relations was explained through with very simple method in this program. I believe that this workshop is very beneficial for students, teachers, and also our society.

Pallavi Tiwari, Assistant Professor, School of Pharmaceutical Sciences

Under the guidance and motivation of Hon'ble Vice Chancellor Sir ,UHV Workshop was conducted at CSJM University campus by respected resource person.

After attending the workshop, firstly I am able to shift my focus from physical facilities to right understanding and relationship and secondly I am able to maintain good relationship with others.

This workshop is very beneficial to students also to discover and understand the innate value of human being in every aspect of life(individual,family,society,nature/existence), reinforce the commitment and courage to live accordingly.



Dr. Neha Shukla, Assistant Professor, School Of Health Sciences



Under the guidance of Honourable VC Sir, I had the opportunity to attend a faculty development program of eight days on human values conducted by CSJM University. It helps to facilitate the development of a holistic perspective among all towards life and profession and is towards happiness and prosperity based on a correct understanding of human reality and the rest of existence. This FDP enables us to understand our goals correctly and also helps to remove our confusion. I want to pay my regards and thanks to Mr Bhanu Pratap Singh Sir for teaching us nicely about human values in this workshop

Dr. Arpana Katiyar, Assistant Professor, School of Business Management

It was an immense pleasure for me to participate in offline one week UHV workshop [2022] followed by a five days UHV refresher course workshop [2023] in our University campus itself. Both the workshop were though rigorous yet have filled an enthusiasm in myself. It had actually helped to understand the basic realities in existence. It had helped us to discover self-exploration and learn to live in accordance with these in order to be happy. It had promoted tolerance, understanding and cooperation with others. It helped to understand innate values of being a human. It helped to understand the true role of education in the holistic development of the students. It also made to understand the true meaning of harmony in life and also right understanding. I would like thank our Hon'ble Vice Chancellor Sir for giving me opportunity to attend this workshop and also Bhanu Sir for his efforts in these workshops.



It was an immense pleasure for me to participate in an offline one-week UHV workshop [2022] followed by a five-day UHV refresher course workshop [2023] in our University campus itself. Both workshops were rigorous yet filled me an enthusiasm. It had actually helped to understand the basic realities in existence. It had helped us to discover self-exploration and and learn to live in accordance with these in order to be happy. It had promoted tolerance, understanding, and cooperation with others. It helped to understand innate values of being a human. It helped to understand the true role of education in the holistic development of the students. It also made to understand the true meaning of harmony in life and also the right understanding. I would like to thank our Hon'ble Vice Chancellor Sir for giving me the opportunity to attend this workshop and also Bhanu Sir for his efforts in these workshops.

Mr. Arvind Chauhan, Assistant Professor, School of Hotel Management



Under the guidance and motivation of Hon'ble Vice Chancellor Sir, UHV FDP Workshop was conducted at CSJM University campus by respected resource person.

I Arvind Chauhan, working as an Assistant Professor at School of Hotel Management department, CSJMU. This is my feed back after attending the eight day Faculty Development Workshop on "Human Values". After attending the workshop, firstly I am able to shift my focus from physical facilities to right understanding and relationship and secondly I am able to maintain good relationship with others.

This students programme also very beneficial to students to discover and understand the innate value of human being in every aspect of life.

Living in Harmony – individual, family, society, nature & existence.

Under the guidance and motivation of Hon'ble Vice Chancellor Sir, UHV FDP was conducted at CSJM University campus by a respected resource person.

After attending the workshop, firstly I am able to shift my focus from physical facilities to the right understanding and relationship and secondly, I am able to maintain good relationships with others.

Mr. Chandra Shekhar Kumar, Assistant Professor, School of Health Science

With the blessings and motivation of the Hon'ble Vice Chancellor, sir, I got the opportunity to attend the UHV workshop at the CSJM University campus. I was not aware of UHV before, but after attending the workshop for 3–4 days, I realised the importance of human values in a person's life. I also came to know that continuity of happiness does not depend on getting a good position, earning money, collecting luxuries, etc. but it is possible only when there is right understanding at all four levels, i.e., individual, family, society, and nature/existence. This workshop also helped me to learn how to live life in different situations and to understand the individual in the family and society on the basis of intention and competence. This understanding helps me to remain peaceful. I think everyone should attend this UHV workshop. I am very thankful to Mr. Bhanu Pratap Singh, sir for shaping my thoughts and understanding.



Dr. Ajay Tiwari, Assistant Professor, Department of Electronics & Communication Engineering, School of Engineering & Technology



With the inspiration and motivation of Hon'ble Vice Chancellor Sir, I got the opportunity to participate in UHV Workshop conducted at CSJM University campus. I'd be happy to share experience of a Universal Human Values workshop. I attended a Universal Human Values Workshop, and it was a transformative experience for me. The workshop began with participants from diverse backgrounds, fostering an atmosphere of inclusivity.

Throughout the sessions, we explored concepts like empathy, respect, kindness, understanding, better relationships, and tolerance. Through engaging discussions and interactive activities, we were encouraged to reflect on our own values and how they align with universal principles. The facilitators used thought-provoking scenarios and real-life examples to stimulate deep conversations. One of the most memorable parts of the workshop was a group discussion where we had to put views to solve social issues in our community. This practical application of the values we discussed helped us to see the tangible impact of Universal Human Values in action. By the end of the workshop, I felt more connected to the people around me and more committed to promoting these values in my daily life. Workshop was successful to inspiring and motivating me to make positive changes in my life and to contribute to a more compassionate and harmonious world.

Dr. Shweta Pandey, Deputy Librarian, Central Library

Under the guidance and motivation of our Hon'ble Vice Chancellor sir, the University organised an offline one-week UHV workshop (2023). Through this workshop, I got an opportunity to participate in exploring myself in the light of understanding Human Values and Human relations which we directly or indirectly establish with family, society, nature and within self.



We thank our esteemed resource person- Mr. Bhanu Pratap Singh Sir who made us understand the real meaning of life through the mode of teaching and practicals. This workshop helped to between mental, physical, social and emotional well-being. Exploring and knowing self is an important aspect that I take from the workshop.

Dr. Kunwar Kuldeep Chauhan Assistant Professor, Department of Education, School of Teacher Education

Under the guidance and motivation of our Hon'ble Vice Chancellor sir, the University organised an offline one-week UHV workshop. My participation in the UHV II one-week FDP program was a transformative experience. The program not only broadened my horizons but also had a profound impact on my thoughts, behaviour, lifestyle, and personality. It was an enriching journey that encouraged self-discovery, personal growth, and a deeper understanding of the values that shape a holistic individual.



Basically, human values, according to me, are those values which define an individual as a human being to the extent that it distinguishes humans, who make use of value judgments in decision making different from other animals like human being, who on the other hand act on instinctual judgment. When we think of our values, we think of what is important to us in our lives (e.g., security, independence, wisdom, success, kindness, pleasure).

There is a set of feelings which I can accept effortlessly and naturally. These feelings are such as trust, respect, being confident about my future etc. These feelings are naturally and effortlessly acceptable to each one of us. I also welcome these and desire them to continue in my life. When I observe such feelings, I find that these are the situations when I am in harmony and these feelings are a reflection of that harmony. Take for example respect; it is a state of harmony between the two human beings. When I respect the other and the other respect me, I like to be in that situation. It gives me happiness. Similarly looking, within me, when I have harmony in my thoughts, my feelings, I feel relaxed, happy. If this harmony is disturbed, I feel uneasy. When I look at all the moments when I feel happy, I will find that there is an element of harmony in it, which I like. When I am in such a state of happiness- I experience no struggle, no contradiction or conflict within and I enjoy such a state of being and I wish its continuity.

The UHV workshop has the potential to bring about significant positive changes in our society. By sharing insights and experiences, we can create a ripple effect, leading to a more compassionate and harmonious world. Therefore, I believe that this program should be accessible to as many people as possible.

Thank you for providing opportunity.

Dr. Sumana Biswas, Assistant Professor, School of Languages



Under the kind auspices of the Hon'ble Vice Chancellor Sir of Chhatrapati Shahu Ji Maharaj University, I had the privilege of participating in an offline one week UHV workshop [2022] followed by a five days UHV refresher course workshop [2023] in our University campus itself. Both the workshops were quite rigorous, yet gratifying. The workshops have definitely brought about remarkable changes in my thought process and outlook towards life, thereby enhancing my personality from within.

The workshops have enabled me to explore and understand to a certain extent the true meaning of education and its role in one's holistic development, difference between qualification and education, importance of human relationships, right understanding of a situation, the advantage of being responsive instead of being reactive, definition of prosperity and how to work towards having self-harmony. I am still going through the process of introspection and learning, but simultaneously I hope to place them in front of the new-generation children for further exploration. Lastly, I would like to pay my regards and gratitude to Mr. Bhanu Pratap Singh Sir for his stimulating tutelage during both the workshops.

Dr. Sneh Pandey, Assistant professor, Department of Education, School of Teacher Education

Under the guidance and motivation of our Hon'ble Vice Chancellor sir, the University organized an offline one-week UHV workshop (2023). The workshops have definitely brought about remarkable changes in my thought process and outlook toward life, thereby enhancing my personality from within. It helped me to understand the true role of education in the holistic development of the students. It also made to



understand the true meaning of harmony in life and also the right understanding. The workshops have enabled me to explore and understand to a certain extent the true meaning of education and its role in one's holistic development, the difference between qualification and education, the importance of human relationships, right understanding of a situation, the advantage of being responsive instead of being reactive, definition of prosperity and how to work towards having self-harmony would like to thank our esteemed resource person- Mr. Bhanu Pratap Singh Sir who made us understand the real meaning of life through the mode of teaching and practicals.

**Prashant Srivastava, Assistant Professor, Department of Computer Applications,
School of Engineering and Technology**

I attended a workshop on Universal Human Values, and the experience was both enlightening and inspiring. The workshop aimed to explore the fundamental values that connect people across cultures and backgrounds and to understand how these values can shape a better world. Here's a reflection on my experience. The workshop was held in a serene and welcoming environment, immediately setting a positive tone for the day. This diversity was a testament to the universal nature of human values, as people from different backgrounds and cultures had come together to engage in this exploration.



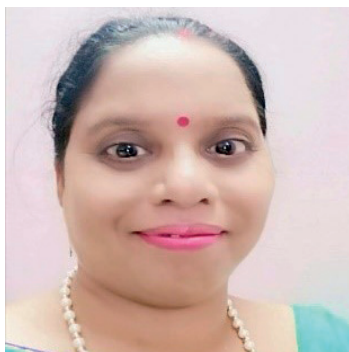
The day began with a warm welcome and an introduction to Universal Human Values. The facilitators emphasized the importance of recognizing and respecting these values to promote harmony, peace, and mutual understanding in a world often divided by differences.

The workshop was structured to cover various aspects of Universal Human Values, such as empathy, compassion, respect, and kindness. Through interactive sessions, group discussions, and personal reflections, we delved into each value to understand its significance in our daily lives. These activities encouraged self-reflection and deep conversations with fellow participants, which allowed us to appreciate the shared human experience.

One of the most memorable parts of the workshop was when participants shared their personal stories related to the values discussed. Listening to others' experiences and challenges in upholding these values in their lives made the concept of Universal Human Values feel more relatable and accessible. It was heart-warming to see how these values had transformed people's lives and relationships.

The workshop also highlighted the interconnectedness of Universal Human Values with global issues, such as peace, social justice, and environmental sustainability. We discussed the role of these values in addressing pressing global challenges, and how individuals, communities, and societies could work together to create a more compassionate and equitable world.

Dr. Rashmi Gautam, Assistant Professor, Department of Journalism And Mass Communication School of Art, Humanities and Social Sciences



Under the UHV Cell of Chhatrapati Shahu Ji Maharaj University, Kanpur, I have trained in three online and offline workshops on universal human values. These workshops have greatly influenced my lifestyle. I have also trained my students in workshops on the topic “Importance of Human Values in Media”, after which I have seen a change in the lives of the students of the Department of Journalism and Mass Communication, Chhatrapati Shahu Maharaj University, Kanpur. Such workshops should be organized in all universities and educational institutions. At present, along with human sensitivity, cultural values can also be mentioned which are relatively less visible among the youth.

Dr. Vijay Kumar Kashyap, Assistant Professor, Department of Materials Science and Metallurgical Engineering, School of Engineering and Technology

Attending the UHV workshop is a fabulous experience for me. After attending this workshop, I came into contact with many changes in myself related to my thinking and behaviour. I wish to share with you that, now if the situation arises to take a decision on any issue, the workshop concepts first come in mind and help to take the decision on a wider prospect in order to achieve or maintain happiness and prosperity in continuity. The clarity in reaction and response enables me to respond as per the natural acceptance. This workshop facilitates us to develop the right understanding and right feeling by adopting all four levels of harmony of self and body, family, society, and nature and existence. The workshop’s practical session is very effective for self-exploration and self-realization. The workshop was delivered with great influence and realistic examples that made a big impact on everyone and motivated them to live with it.



The UHV workshop covers the entire life of all human beings, so as per my opinion every human being must go through this workshop at least once, and follow the workshop notions to see the miracle changes in life.

Dr. Meenakshi Gupta, Senior Assistant Professor, School of Pharmaceutical Sciences

With the inspiration and motivation of the Hon'ble Vice Chancellor Sir, I was one of the lucky ones who was able to get this wonderful experience of attending one week of UHV I FDP (2022) as well as five days of refresher UHV FDP (2023) conducted in our own CSJM University campus. Both the FDP were rigorous and effective in enlightening my thought process. The role of human values are not only important with the prospectives of the family but also for the society and environment. By Education on human values and right understanding one can understand the issues or problems with more clarity which we face in our daily life and can manage them in a better way. Inculcating these standard in upcoming generation can impart holistic development of upcoming generation.



5. Media Coverage

परिवार के अर्थ को समझें बुजुर्गों का सम्मान करें

कानपुर, वरिष्ठ संवाददाता। छत्रपति शाहू जी महाराज विश्वविद्यालय में परिवार संवाद अभियान की शुरुआत हुई। इसमें कई विश्वविद्यालयों व संस्थानों के शिक्षकों के परिवारों को आमंत्रित किया गया। कार्यशाला में वक्ताओं ने कहा कि हमें परिवार के अर्थ को समझना चाहिए। बुजुर्गों का सम्मान करें। प्रति कुलपति प्रोफेसर सुधीर कुमार अवस्थी ने समाज में

पारिवारिक मूल्यों की गिरती हुई दशा का उल्लेख किया। सीएसजेएमयू कैम्पस, आईआईटी, एचबीटीयू, अंबेडकर इंस्टीट्यूट ऑफ टेक्नोलॉजी फॉर हैंडीकैप्ड संस्थान, एमपीईसी एवं पीएसआईटी के शिक्षकों व कर्मचारियों के 20 से ज्यादा परिवार शामिल हुए। रिसोर्स पर्सन भानु प्रताप सिंह, श्रमिक भारती के राकेश पांडेय, सीएसजेएमयू रजिस्ट्रार डॉ. अनिल यादव मौजूद रहे।

छात्रों के समग्र विकास को रोल मॉडल बनें शिक्षक

कानपुर। छत्रपति शाहू जी महाराज विवि में आयोजित ह्यूमन वैल्यू-2 पर आठ दिवसीय कार्यशाला का सोमवार को समापन हुआ। मुख्य अतिथि प्रति कुलपति प्रो. सुधीर कुमार अवस्थी ने कहा कि एक व्यक्ति के जीवन में ऐसे कई उदाहरण आते हैं, जहां विश्लेषण का कौशल बहुत महत्वपूर्ण भूमिका निभाता है। इस स्थिति में शिक्षकों को रोल मॉडल बनने और छात्रों के समग्र विकास की निगरानी करने की आवश्यकता है। समस्या निवारण को कोई सख्त निर्देश नहीं है, इसे हमें समाज के अपने अनुभवों से ही सीखना है।

शार्ट फिल्म द्वारा सुख और समृद्धि के बारे में बताया

जन एक्सप्रेस/कानपुर नगर। छत्रपति शाहू जी महाराज विश्वविद्यालय में चल रही आठ दिवसीय एफडीपी के दूसरे दिन मंगलवार को सुख और समृद्धि के बारे में बताया गया। इसके लिए रिसोर्स पर्सन डॉ. भानु प्रताप सिंह ने



विषय विन्दुओं पर चर्चा की। शार्ट फिल्म दिखाकर विषयगत तथ्यों को बखूबी प्रस्तुत किया गया। प्रतिभागियों ने ग्रुप डिस्कसन के माध्यम से आपस में विचार

साझा करने के साथ पिछले दिन के सीखे गये विन्दुओं को दोहराया। बताते चलें कि यूनिवर्सल वैल्यू सेल ने ए.आई.सी.टी.ई. के सहयोग से विश्वविद्यालय परिसर में फैकल्टी डेवलेपमेंट प्रोग्राम यूनीवर्सल ह्यूमन वैल्यू-2 पर आठ दिवसीय कार्यशाला का आयोजन कर रहा है। कार्यशाला के संयोजक डॉ. आर.एन. कटियार ने बताया कि एफडीपी पांच सत्रों में आयोजित की गई। प्रथम सत्र में कल सीखे गये विन्दुओं पर चर्चा तथा दूसरे सत्र में ए.के.टी.यू. के यू.एच.वी. सेल के रिसोर्स पर्सन डॉ. भानु प्रताप सिंह ने सभी प्रतिभागियों को सुख और समृद्धि के बारे में बताया। उन्होंने खुशी को हमारे मन की एक अवस्था बताते हुए कहा कि हमें अपनी आवश्यकताओं के बारे में पता करना होगा। आवश्यकता से अधिक होना हमारे पास समृद्धि का भाव है। इसके साथ ही मनुष्य में स्वयं और शरीर के सामंजस्य के बारे में बताया। तीसरे सत्र में सभी शिक्षकों को स्टोरी ऑफ स्टफ मूवी दिखाई गई जो कि हमारे अंदर चल रहे विचारों को दर्शाती है। चौथे सत्र में मानव क्या है विषय पर बताते हुए डॉ. सिंह ने कहा कि व्यक्ति के साथ दो वास्तविकताएं एक साथ रहती हैं, पहला स्वयं और दूसरा शरीर। इन दोनों में से कोई भी अकेले नहीं रह सकता है। हम स्वयं और शरीर को उनकी जरूरतों और प्रतिक्रियाओं के आधार पर पहचान सकते हैं। ए.आई.सी.टी.ई. के आब्जर्वर पवनेन्द्र कुमार ने बताया कि आज की वर्कशॉप में सभी प्रतिभागियों ने सुख और समृद्धि के बारे में जाना तथा सभी ने स्वयं और शरीर के सामंजस्य के बारे में भी समझा।

विचारों में इरादों से ही मिलेगी सफलता

कानपुर, 31 मार्च। छत्रपति शाहू जी महाराज विश्वविद्यालय के यूनिवर्सल वैल्यू सेल के संयोजन में आयोजित फैकल्टी डेवलेपमेंट प्रोग्राम यूनीवर्सल ह्यूमन वैल्यू-2 पर आठ दिवसीय कार्यशाला के चौथे दिन एआईसीटीई के सहयोग से आयोजित कार्यशाला पांच सत्रों में आयोजित की गई। रिसोर्सपर्सन डॉ. भानु प्रताप सिंह ने सभी प्रतिभागियों को अपने विचारों में इरादों और क्षमताओं को ठीक से देखने की सलाह दी। उन्होंने कहा कि जब भी कभी हमें इरादों पर संदेह होता है, तब रिएक्शन होता है और अगर हम इरादों को ठीक से देख पाते हैं तो रिसॉर्स मिलता है। कार्यशाला में राइट हेयर राइट नाऊ मूवी में रिएक्शन और रिसॉर्स के बारे में बारीकी से दिखाया गया। रिसोर्स पर्सन ने सम्मान और बाकी भावों के बारे में भी बताया। कार्यशाला में बताया गया कि संबंधों में विश्वास, सम्मान, स्नेह, ममता, वातसल्य, श्रद्धा, गौरव, कृतज्ञता और प्रेम जैसे नौ तरह के भाव



फैकल्टी डेवलेपमेंट प्रोग्राम में शामिल लोग।

■ संबंधों में नौ भावों पर भी की गयी चर्चा

अलग उनकी योग्यता के आधार पर होते हैं। ए.आई.सी.टी.ई. के आब्जर्वर पवनेन्द्र कुमार ने बताया कि सभी के इंटरेशन एक जैसे हैं। लोग एक दूसरे से मिलते हैं। ए.आई.सी.टी.ई. के यूएचवी सेल के कोऑर्डिनेटर डॉ. आर.एन. कटियार ने बताया कि अब ज्यादातर लोग संयुक्त परिवारों से अलग होकर एकल परिवार की ओर बढ़ रहे हैं।

A large group of approximately 40 people, including men and women, are posed for a group photograph in a room. Many of the women are wearing colorful saris. The group is arranged in several rows, with some people sitting on the floor in the front. In the background, there is a chalkboard and a whiteboard. The room has light-colored walls and a tiled floor.

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बच्चों के समग्र विकास के लिए शिक्षकों को रोल मॉडल बनने की आवश्यकता

कार्यशाला के समापन पर प्रतिभागियों को प्रमाण पत्र

कानपुर, 4 अप्रैल। छत्रपति शाहू जी महाराज विश्वविद्यालय के यूनीवर्सल वैल्यू सेल द्वारा ए.आई.सी.टी.ई. के सहयोग से आयोजित फैकल्टी डेवलेपमेंट प्रोग्राम यूनीवर्सल ह्यूमन वैल्यू-2 पर आठ दिवसीय कार्यशाला का आज समापन हो गया। कार्यक्रम में मुख्य अतिथि प्रति कुलपति प्रो. सुधीर कुमार अवस्थी ने कहा कि एक व्यक्ति के जीवन में ऐसे कई उदाहरण आते हैं, जहां विश्लेषण का कौशल बहुत महत्वपूर्ण भूमिका निभाता है और यहीं पर शिक्षकों को रोल मॉडल बनने और बच्चों के समग्र विकास की निगरानी करने की



कार्यक्रम में शामिल मुख्य अतिथि व अन्य।

आवश्यकता है। समस्या निवारण के लिए कोई सख्त दिशानिर्देश नहीं है, इसे हमें समाज के अपने अनुभवों से ही सीखना है। यू.एच.वी. सेल के रिसोर्स पर्सन डॉ. भानु प्रताप सिंह ने कार्यशाला के विभिन्न पहलुओं पर चर्चा करते हुए प्रतिभागियों द्वारा पूछे गये प्रश्नों के उत्तर दिए। प्रतिभागियों ने इस वर्कशॉप के अपने अनुभवों को साझा किए। एआईटीएच, डायरेक्टर डा. रचना अस्थाना ने यूनीवर्सल ह्यूमन वैल्यू-2 कार्यशाला की प्रासंगिकता पर प्रकाश डाला। विवि के कुलसचिव डॉ. अनिल कुमार यादव ने एफडीपी के सभी प्रतिभागियों की सराहना की। उन्होंने प्रतिभागियों से कहा कि वे इस एफडीपी के ज्ञान को अपने व्यक्तिगत और

व्यावसायिक जीवन में लागू करें। आगे से छात्रों के लिए आर्थिक दंड के बजाय मानवीय मूल्यों के व्याख्यान को अनिवार्य किया जाएगा, इससे छात्रों के चरित्र और नैतिकता को बेहतर बनाने में मदद मिलेगी। यू.आई.ई.टी. डायरेक्टर डॉ. बृष्टि मित्रा ने नैतिक विज्ञान को समय की आवश्यकता बताया। अधिष्ठाता छात्र कल्याण प्रो. संजय स्वर्णकार ने कहा कि इस यूनीवर्सल ह्यूमन वैल्यू कार्यक्रम का छात्रों के समग्र विकास में बड़ा योगदान होने वाला है। उन्होंने सभी प्रतिभागियों को यूनीवर्सल ह्यूमन वैल्यू कोर्स को अपने जीवन में अपनाने को कहा। इस दौरान संयोजक डॉ. आर.एन. कटियार ने कहा कि विभिन्न पाठ्यक्रमों में यू.एच.वी. पाठ्यक्रम शामिल किया जायेगा, इसलिए भी यह कार्यशाला महत्वपूर्ण हो जाती है।

What Jail Inmates are Saying:

- *Our children should get this education that we did not get earlier. I have found a new way to live life, if I had found it before then my life would have been very different.*
- *This workshop is very important for the life of the Inmates to be free from guilt so that they do not have to come to jail again.*
- *This workshop made me realise that whatever crimes have happened, have happened because of lack of understanding in self and the family.*

What Faculty, Students and Parents are Saying:

- *The UHV program helped me to develop a sense of purpose and to align my actions with my values.*
- *I appreciated the diverse range of topics covered in the UHV program, which helped me to develop a holistic understanding of human values.*
- *I appreciated the interactive and experiential nature of the UHV program, which helped me to apply the concepts in real-life situations.*
- *The UHV program helped me to develop a sense of community and to connect with others who share similar values.*
- *The UHV program helped me to develop better communication skills and to resolve conflicts more effectively.*
- *I found that the UHV program helped me to become more compassionate, empathetic, and mindful.*
- *The UHV program had a positive impact on my personal and professional life, and I would recommend the program to others.*
- *The UHV program helped me to develop better communication skills and to resolve conflicts more effectively.*
- *I found that the UHV program helped me to become more resilient and to cope with stress and challenges more effectively.*

CONTACT US
